/60 cont./

881 [302] b) they must paint the face and the whole body with annatto in order to cover up the yellowness and not become prey to amariuak;

881 c) they must not raise their eyes nor look toward the hills, where they think the mauarí live;

784 d) they must not bathe nor go for water, in order not to be perhaps possessed by rató;

[292] e) they must use moriche sandals whenever, out of necessity, they must put their feet on the ground;

f) they must abstain, as has been said above, from certain foodstuffs.

881 128. There are two somewhat more curious things while the indisposition lasts, and they are: absolute silence, to which they are constrained, and whipping, which they are given each time they come in or go out of the rancho for some necessity.

881 The Indians insist on saying that the speech of a menstruating Indian woman is extremely pernicious; for that reason no one speaks to them; and when the days have passed and she wishes to return to daily conversation, the woman must address a stick and say to it: "Are you here?" Then the tree will dry up and the same thing will happen to any Indian man to whom she addresses herself. /61/ "This," Ernesto writes, "seems not to be true, but it certainly is their custom."

881 The whipping is not in any way at all a flagellation nor anything like it; it is only a ceremony, which is done by the old woman who is caring for the girl every time the latter goes out of the rancho, so that the evil spirits may consider her to be something scornful. One day after the indisposition has passed, at dawn when the cocks crow, they bring her down from the hammock, seat her on a little bench, and the oldest man or the master of the house flails her with some strings made of [593] moriche fiber and recites over her a certain charm. "By means of this whipping," adds Ernesto, "when the women get angry with their daughters for being hard to manage, they customarily